



Summer heat and older adults

By Centers for Disease Control and Prevention

People aged 65 years or older are more prone to heat-related health problems. If you're an older adult or a caretaker, review the following recommendations from the Centers for Disease Control and Prevention (CDC) on how you or the person you're caring for can stay safe during the heat.

Why are older adults more prone to heat stress?

Older adults do not adjust as well as young people to sudden changes in temperature. They are more likely to have a chronic medical condition that changes normal body responses to heat. They are more likely to take prescription medicines that affect the body's ability to control its temperature or sweat. Other conditions related to risk include obesity, fever, dehydration, heart disease, mental illness, poor circulation, sunburn, and alcohol use.

Stay cool, stay hydrated

- Stay in buildings with air-conditioning or evaporative coolers (also known as swamp coolers) as much as possible. If your home doesn't have either capability,

go to the shopping mall or public library – even a few hours spent in air conditioning can help your body stay cooler when you go back into the heat.

- Do not rely on a fan as your main cooling source when it's really hot outside. Electric fans may provide comfort, but when the temperature is in the high 90s, they will not prevent heat-related illness.

- Wear sunscreen. Sunburn affects your body's ability to cool down and can make you dehydrated. If you must go outdoors, protect yourself from the sun by wearing a wide-brimmed hat, sunglasses, and by putting on sunscreen of SPF 15 or higher 30 minutes prior to going out. Continue to reapply it according to the package directions.

- Drink more water than usual and don't wait until you're thirsty to drink. If your doctor limits the amount of fluids you drink or has you on water pills, ask the doctor how much you should drink during hot weather.

- Don't use the stove or oven to cook – it will make you and your house hotter.
- Avoid hot and heavy meals, they add heat to your body.
- Wear loose, lightweight, light-colored clothing.
- Take cool showers or baths to cool

HEAT-RELATED ILLNESSES

WHAT TO LOOK FOR	WHAT TO DO
HEAT STROKE	
<ul style="list-style-type: none"> • High body temperature (103°F or higher) • Hot, red, dry, or damp skin • Fast, strong pulse • Headache • Dizziness • Nausea • Confusion • Losing consciousness (passing out) 	<ul style="list-style-type: none"> • Call 911 right away-heat stroke is a medical emergency • Move the person to a cooler place • Help lower the person's temperature with cool cloths or a cool bath • Do not give the person anything to drink
HEAT EXHAUSTION	
<ul style="list-style-type: none"> • Heavy sweating • Cold, pale, and clammy skin • Fast, weak pulse • Nausea or vomiting • Muscle cramps • Tiredness or weakness • Dizziness • Headache • Fainting (passing out) 	<ul style="list-style-type: none"> • Move to a cool place • Loosen your clothes • Put cool, wet cloths on your body or take a cool bath • Sip water <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • You are throwing up • Your symptoms get worse • Your symptoms last longer than 1 hour
HEAT CRAMPS	
<ul style="list-style-type: none"> • Heavy sweating during intense exercise • Muscle pain or spasms 	<ul style="list-style-type: none"> • Stop physical activity and move to a cool place • Drink water or a sports drink • Wait for cramps to go away before you do any more physical activity <p>Get medical help right away if:</p> <ul style="list-style-type: none"> • Cramps last longer than 1 hour • You're on a low-sodium diet • You have heart problems
SUNBURN	
<ul style="list-style-type: none"> • Painful, red, and warm skin • Blisters on the skin 	<ul style="list-style-type: none"> • Stay out of the sun until your sunburn heals • Put cool cloths on sunburned areas or take a cool bath • Put moisturizing lotion on sunburned areas • Do not break blisters
HEAT RASH	
<ul style="list-style-type: none"> • Red clusters of small blisters that look like pimples on the skin (usually on the neck, chest, groin, or in elbow creases) 	<ul style="list-style-type: none"> • Stay in a cool, dry place • Keep the rash dry • Use powder (like baby powder) to soothe the rash

down.

- Do not engage in very strenuous activities and get plenty of rest.
- Check on a friend or neighbor and have someone do the same for you.
- Heat-related illnesses include heat stroke, heat exhaustion, heat cramps, sunburn, and heat rash. Seek medical care immediately if you have, or someone you know has, symptoms of a heat-related illness like muscle cramps, headaches, nausea or vomiting. For detailed warning signs and symptoms of these heat-related illnesses, visit CDC's web page at <https://www.cdc.gov/disasters/extremeheat/warning.html>.

[ters/extremeheat/warning.html](https://www.cdc.gov/disasters/extremeheat/warning.html).

Stay informed

Check the local news for health and safety updates.

Caretaker checklist

Keep a close eye on those in your care by visiting them at least twice a day, and ask yourself these questions:

- Are they drinking enough water?
- Do they have access to air conditioning?
- Do they know how to keep cool?
- Do they show any signs of heat stress?

Living Well with Chronic Conditions workshop to begin

by Priscilla **ANGULO**
DCHD Senior Services

Living Well with Chronic Conditions is a high-level evidence-based workshop for people who have one or more chronic conditions or for caregivers of someone with a chronic condition. A chronic condition is an ongoing health

problem or disease such as diabetes, heart disease, arthritis, depression, anxiety or any other long-term problem.

The free workshop meets for 2 1/2 hours a week for six weeks. Classes include a lot of participation. Mutual support and success build participants' confidence in their ability to manage their health condition

to maintain active and fulfilling lives.

The workshop is facilitated by two trained leaders. Most of the learning comes from sharing and helping others with similar challenges. You will learn:

- Techniques to handle frustration, fatigue, pain, and isolation

- Appropriate exercise to maintain and improve strength
- Appropriate use of medications and proper nutrition
- Communicating effectively with family, friends, and health professionals
- How to evaluate new treatments

Results of Living Well include increased energy,

decreased fatigue, decreased hospitalization, better communication, and increased mental, physical, and social health.

The six week workshop is on Thursdays, July 12-Aug. 16, 10 a.m.-12:30 p.m., at the Syracuse Community Center (1912 W. 1900 S., Syracuse). Register at www.livingwell.utah.gov or call 801-525-5087.

Events in July

Central Davis Senior Activity Center

81 East Center Street, Kaysville (801-444-2290)

4 - Closed – Independence Day

5/19 - Food pantry

6 - Mountain Donuts field trip and picnic in the park (sign-up and fee required)

11 - Book club 1 p.m.

11/25 - Blood pressure check 10:30 a.m.

18 - Trolley Square field trip (sign-up and fee required)

24 - Closed – Pioneer Day

27 - July birthday party 11:30 a.m.

M/W/F - Bingo 10:15 a.m.

W/F - Tai Chi for Arthritis and Falls Prevention 10:30 a.m.

F - Movie day Noon

Golden Years Senior Activity Center

726 South 100 East, Bountiful (801-451-3660)

3 - Zumba 9:30 a.m.

4 - Closed – Independence Day

11 - Legal consultation (by appointment) 12:30 p.m.

12 - Caregiver Class 2 p.m.

16 - Yoga 10 a.m.

24 - Closed – Pioneer Day

27 - July birthday party 11:30 a.m.

31 - Book club 12:30 p.m.

North Davis Senior Activity Center

42 South State Street, Clearfield (801-525-5080)

3 - Foot clinic (by appointment)

4 - Closed – Independence Day

5 - Attorney (by appointment)

6 - Name that Tune 11:30 a.m.

10 - Blood pressure clinic 10:30 a.m.

Shopping day at Walmart 12:30 p.m.

12 - Medicare Fraud Presentation 11:30 a.m.

16 - Free credit check (by appointment)

18 - Blood pressure clinic 10:30 a.m.

24 - Closed – Pioneer Day

25 - Staying Social: How to do it right 11:30 a.m.

27 - July birthday party 11:15 a.m.

T/TH - Tai Chi for Arthritis and Falls Prevention 10:15 a.m.

See more at daviscountyutah.gov/health/senior-services

Caregiver educational classes offered during July

Davis County Senior Services offers free classes for individuals who care for family members that are older and/or frail. Classes are scheduled at two different locations. On Tuesday, the class is held at North Davis Senior Activity Center (42 S. State Street, Clearfield), 2-3 p.m. On Thursday, the class is at Golden Years Senior Activity

Center (726 S. 100 E., Bountiful), 2-3 p.m. No RSVP is needed. If you have any questions, contact Megan Forbush at 801-525-5088.

Class topic:

• July 10 & 12: Staying Sharp as a Caregiver – Debbie Miller, Davis County Senior Services

One step toward fraud prevention

One recommended action to take in the battle against fraud and identity theft is to request a personal credit report. Reviewing your credit report regularly helps to ensure no one has stolen your identity and opened accounts in your name

that you could become liable for.

Grant Johnson, who works with Davis County RSVP as a fraud prevention volunteer, will assist seniors in requesting their credit report on Monday, July 16, at the North Davis Senior Activity Center

(42 South State Street, Clearfield). He will help with the online process of the request and provide a printed copy of your report. Credit report requests will begin at 10 a.m. Call 801-525-5080 to schedule your confidential appointment.

Medicare 101 classes scheduled

Davis County Health Department's Senior Services offers a free one hour class about Medicare options, enrollment, and benefits.

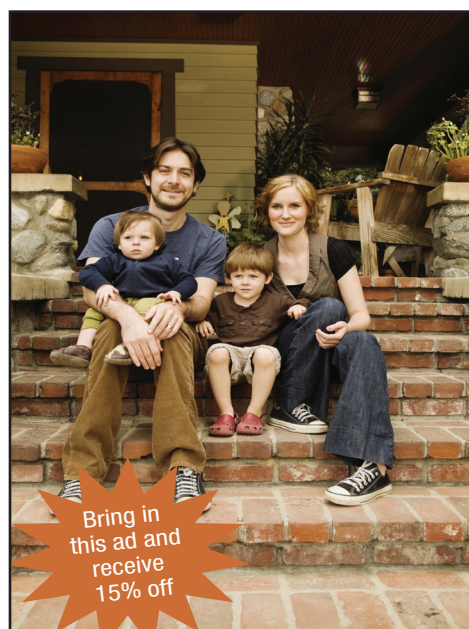
If you are turning 65 or preparing to retire, please join us for one of the following classes:

- Thursday, July 12, 6:30-7:30 p.m. – Kaysville Library (215 Fairfield Road, Kaysville)
- Wednesday, Aug. 8, 6:30-7:30 p.m. – Clearfield Library (562 S. 1000 E., Clearfield)

For more information about the Medicare 101 classes, contact Jackie Smith at 801-525-5082 or jmsmith@daviscountyutah.gov.

More than just a Tweet

Our 280 words are just the beginning, not the ending of a story.



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